

# N. Walker

## Material Handling Safety and Hand Injuries



Thomas Jefferson National Accelerator Facility

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# Material Handling

A. Heavy Equipment

B. Light Duty Lifting

C. Manual Lifting



# A. Heavy Equipment

1. Overhead Cranes

2. Forklifts

# Possible Problem Solutions

Take time to become familiar with equipment.

Become familiar with surroundings.

DO NOT allow yourself to be distracted.

STOP and seek help if you need it!



# Light Duty Lifting

A. Chain falls

B. Pallet jacks

## Possible Problem Solutions

- Check your gross weight and be sure your equipment has ample capacity.
- If equipment looks questionable, then check it out or replace it.
- Observe balance and adjust if deemed necessary BEFORE beginning move.
- Check clearances! (Do not get under the load).

# Manual Lifting

- Find someone else  
**TO HELP!**  
50 lbs Max.  
> 30 lbs. seek help
- Use legs and knees  
**Not Your Back**
- Keep load close in
- Wear appropriate gloves

# Hand Safety

- A. Greatest number of recordable injuries at Jefferson Lab
- B. Injuries of the last year resulted from improper tools (knives) & improper use.
- C. Possible Solution  
MARTOR – Box cutter  
MAXISAF

**\* GET ONE NOW!**

One per person while supply last

Bring old style box cutter to Manny Nevarez or myself

**THINK SAFETY**

